

CLAIM AMENDMENTS

1-22 (Cancelled)

23. (New) An exerciser for physiotherapy, the exerciser comprising a skid with a slide surface upon one side and a grip surface for engaging a user's heel on the other, the grip surface being deformable to allow compressive abutment with the user's heel for a non-slip association there between in use based upon the heel simply resting upon the grip surface, the heel and exerciser slidable upon a surface for exercise by articulation of the heel about the non-slip association.

24. (New) An exerciser as claimed in claim 23 wherein the slide surface is flat.

25. (New) An exerciser as claimed in claim 23 wherein the slide surface is curved.

26. (New) An exerciser as claimed in claim 25 wherein slide surface is curved in a side to side direction or front to back direction or both directions.

27. (New) An exerciser as claimed in claim 23 wherein the skid is a unitary moulding.

28. (New) An exerciser as claimed in claim 23 wherein the skid is stamped or machined to provide an appropriate shape.

29. (New) An exerciser as claimed in claim 23 wherein the skid is formed from a plastics or metal material.

30. (New) An exerciser as claimed in claim 23 wherein the skid is rendered suitable for heat sterilisation.

31. (New) An exerciser as claimed in claim 23 wherein the skid includes an insert to provide the grip.

32. (New) An exerciser as claimed in claim 31 wherein the insert is disposable.

33. (New) An exerciser as claimed in claim 31 wherein the insert is specifically shaped for a user's requirements.

34. (New) An exerciser as claimed in claim 31 wherein a number of different insert shapes are secured to or moulded into the skid in order to provide the exerciser.

35. (New) An exerciser as claimed in claim 23 wherein the skid may is a dimpled or cross-hatched or has a ribbed surface to provide the grip.

36. (New) An exerciser as claimed in claim 23 wherein the skid is a generally round, oblong, polygon or rectangular shape.

37. (New) An exerciser as claimed in claim 23 wherein the grip is provided by a non-slip elastomeric material.

38. (New) An exerciser as claimed in claim 37 wherein that elastomeric material is a plastic or rubber based material.

39. (New) An exerciser as claimed in claim 23 wherein the skid has an upturned curved rim away from the slide surface to prevent snagging of the exerciser during use.

40. (New) An exerciser as claimed in claim 39 wherein the upturned rim provides a dished configuration for the skid which cooperates with the grip surface in use.

41. (New) An exerciser as claimed in claim 23 wherein the skid incorporates a cushioning material between the grip and the slide surface.

42. (New) An exerciser as claimed in claim 23 wherein the slide surface includes guide ribs or keels to facilitate a preferred direction of slide for the exerciser.

43. (New) An exerciser as claimed in claim 23 wherein the grip has a recess shaped for engagement about a limb contour of a user, the recess comprising a depression in the grip as presented to a limb of a user in order to facilitate a non-slip association between the grip and a portion of a limb of a user.

44. (New) An exerciser as claimed in claim 43 wherein the grip is shaped to include an open aspect to receive an Achilles tendon of an ankle.